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Tuesday



ACQUITTED

Jurors find Roger Clemens not guilty of lying to Congress **6**

LOSE THE SHOES

The Naked Foot 5K is raising awareness of barefoot running **19**

HARD TO BELIEVE

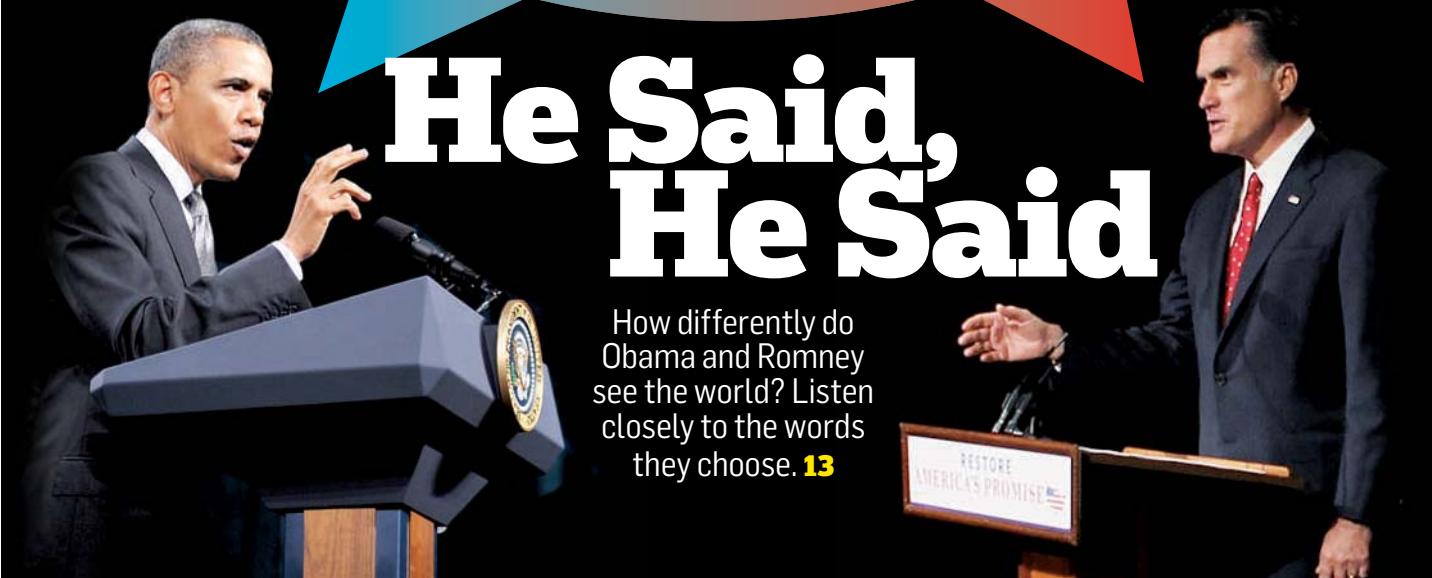
On his new album, Justin Bieber shows he's growing up **23**



FOR EXTENDED FORECAST, SEE PAGE 33

JUNE 19, 2012 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

fair shot
social darwinism
economic freedom
collective amnesia
you're-on-your-own
opportunity society
class warfare
entitlement



He Said, He Said

How differently do Obama and Romney see the world? Listen closely to the words they choose. **13**

GETTY IMAGES/EXPRESS ILLUSTRATION



eye openers

CAUSES

Man a Hero ... and Possibly an Extremely Powerful Magnet

A Virginia man in Florida for a vacation is being credited with making two rescues in two days. Gus Hertz was in the Tampa Bay area fishing on Wednesday when a man suffered a diabetic episode and drove his vehicle into the water. Hertz and another man pulled him from the car. A day later, a small plane crashed into the water near Hertz's boat. He dragged the pilot and passenger onto his boat and took them to shore. (AP)

IF ONLY

Then Again, the Relatives Who ID'd Him ARE Wolves

Berlin police have finally identified "Forest Boy" as a 20-year-old from the Netherlands who made up the whole story of living in the woods for five years. The man, who had told police he knew only his first name, "Ray," has been identified by relatives as Robin Van Helsum of Hengelo. "OK, you got me—I am Robin," he told police. Van Helsum turned up at Berlin City Hall last September, claiming he was 18 years old. (AP)

ALSO

Express Newspaper Not Food

A decorative globe has won the 15th Annual Wacky Warning Labels contest, organizers announced Monday. The 7-inch globe's label says: "These globes should not be referred to for navigation." The contest is a project of the nonprofit Center for America. (AP)

The Big Picture

GETTY IMAGES



SUBTITLED: 'AN UNSUBTLE METAPHOR FOR WORLD PEACE': A woman looks at a work entitled "Play It by Trust" by Yoko Ono at the Serpentine Gallery on Monday in London. The piece makes up part of an exhibition of the artist's work on view until Sept. 9. (GETTY)

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OPENING JULY 5!

LEGALLY BLONDE The Musical

Sandusky Defense Under Way

6 witnesses testify
former assistant
coach was admired

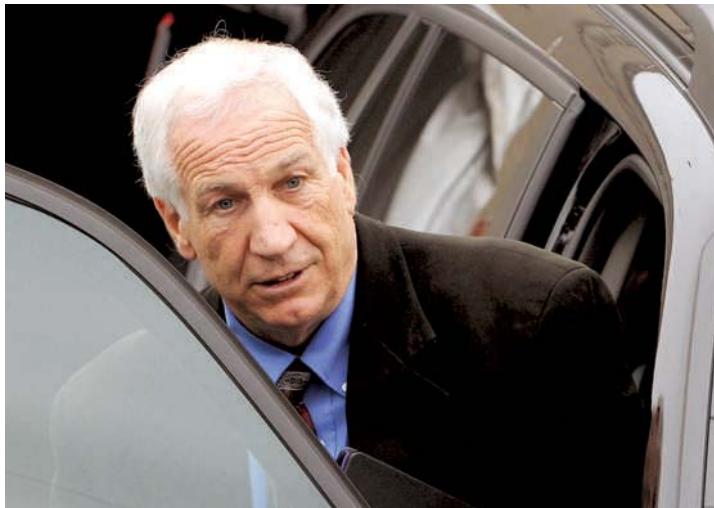
Bellefonte, Pa.

Friends and ex-colleagues of Jerry Sandusky testified Monday on behalf of the former Penn State assistant football coach as his defense sought to counter prosecution witnesses' claims that he sexually abused boys in the shower on Penn State's campus.

Judge John Cleland said the defense could rest its case Wednesday, meaning closing arguments could come Thursday morning.

Sandusky's defense team, led by attorney Joe Amendola, presented six defense witnesses who testified that Sandusky was an admired local figure because of his ties to Penn State and the outreach of the Second Mile, the charity for at-risk youth Sandusky founded in 1977.

Former Penn State assistant coach Dick Anderson, who worked with Sandusky for several years, testified that he and other members of the football staff were pres-



NABIL K. MARKAP

Jerry Sandusky leaves court Monday in Bellefonte, Pa. It's unknown whether he or his wife, Dottie, will have to testify. Closing arguments could come Thursday.

ent when Sandusky brought young boys into the team's showers. He said he never witnessed anything inappropriate.

"If Jerry would bring someone in with the Second Mile, they had been working out, for whatever reason they came in, it was not uncommon ... with the other coaches in the shower as well," Anderson said.

The defense's witnesses, one who called Sandusky a "local hero,"

did little to directly counter the testimony last week by eight young men who accused the former Penn State assistant football coach of sexually abusing them when they were children.

Anderson took the stand after prosecutors presented their 21st, and final, witness, a woman whose son said Sandusky raped him. The woman said her son's laundry would often be short of under-

Abuse Disorder

It was still unclear how Jerry Sandusky's defense team will proceed on Tuesday. When Sandusky was asked by a reporter whether he would testify, Sandusky said nothing. Other possible defense witnesses to come include his wife, Dottie, and an expert who could discuss whether Sandusky has "histrionic personality disorder," which experts have called a personality disorder characterized by inappropriate sexual behavior and erratic emotions. (AP)

wear and he would claim he had thrown it away because he had an accident. Last week, the teen said Sandusky forced him to have anal sex that made him bleed.

Also Monday, prosecutors withdrew one count against Sandusky, saying the statute he was charged under did not apply at the time of the alleged illegal contact.

That leaves 51 counts involving 10 alleged victims over a 15-year span. Sandusky has denied wrongdoing. GENARO C. ARMAS (AP)

In Brief

WASHINGTON

Obama's Iraq Envoy Pick Withdraws Amid Scandal



McGurk

Brett McGurk withdrew his nomination as ambassador to Iraq on Monday following the release of racy emails he sent to Wall Street Journal reporter Gina Chong while working at the U.S. Embassy in Baghdad in 2008. Both were married to other people. (AP)

CHICAGO

Weight-Loss Surgery May Boost Risk of Alcoholism

Gastric bypass surgery may increase patients' chances for alcohol abuse, according to a study released Monday—the largest to demonstrate a potential link. These patients faced double the risk for excessive drinking, compared with those who had less drastic operations. (AP)

RIALTO, CALIF.

Autopsy for Rodney King Concluded, Official Says

San Bernardino County sheriff's and coroner's spokeswoman Jodi Miller says Rodney King's autopsy was completed Monday. A cause of death will not be determined until after investigators have toxicology results, which typically take between four to six weeks. (AP)



Role Playing: President Obama chose Sen. John Kerry to play Republican Mitt Romney in mock presidential debate rehearsals, officials said Monday. Kerry has long been considered one of the Democratic Party's most skilled debaters, and as the senior senator from Massachusetts, he has firsthand knowledge of Romney's record as governor. Romney has yet to select a surrogate to play Obama during his mock debates. (THE WASHINGTON POST)

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W/ DINOSAUR FEATHERS

FRIDAY, JUNE 22
**SPANISH HARLEM
ORCHESTRA**

SATURDAY, JUNE 23
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W/ JORDAN AUGUST

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SUNDAY, JUNE 24
PHIL MATHIEU TRIBUTE

MONDAY, JUNE 25
GLEN DAVID ANDREWS

TUESDAY, JUNE 26
**SIERRA LEONE'S
REFUGEE ALL STARS**

THURSDAY, JUNE 28
**BETSY KINGSTON
AND THE CROWNS**

SATURDAY, JUNE 30
JESSE MALIN
W/ VINCE SCHEUERMAN

TUESDAY, JULY 3
MECHANICAL RIVER
W/ THE KERNAL, ANDREW COMBS

THURSDAY, JULY 5
**NEW RIDERS OF THE
PURPLE SAGE**

FRIDAY, JULY 6
**GEORGE PORTER JR
AND RUNNIN' PARDNERS**

SATURDAY, JULY 7
SET THE CONTROLS:
**RECREATING THE
MUSIC OF PINK FLOYD**

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Nation

Zimmerman's Jail Calls Released by Prosecution

Orlando, Fla.

The former neighborhood watch volunteer who killed Trayvon Martin told his wife to buy bulletproof vests for them and for his attorney, according to jailhouse calls released Monday by prosecutors.

"As uncomfortable as it is, I want you wearing one," George Zimmerman told his wife. Zimmerman was wearing a bulletproof vest when he left jail after posting bond. His attorney, Mark O'Mara, has reported receiving threats.

Zimmerman was released on \$150,000 bond in April, several days after the calls took place. At his bond hearing, his wife, Shellie, testified that she didn't know how much money had been raised from a website created for his legal defense.

Prosecutors say the calls show George and Shellie Zimmerman knew that roughly \$135,000 had been raised by the site.

George Zimmerman is charged with second-degree murder. He



Passwords and Pay

Prosecutors released some of the 151 jailhouse calls George Zimmerman made to his wife, Shellie:

- In one call, Zimmerman tells his wife and sister how to change a computer password at a credit union so they can move funds around.
- In another, Shellie said that money raised from the website was also being used to pay off bills.
- The couple also spoke about how they would move Zimmerman from jail once he was released in April. (AP)

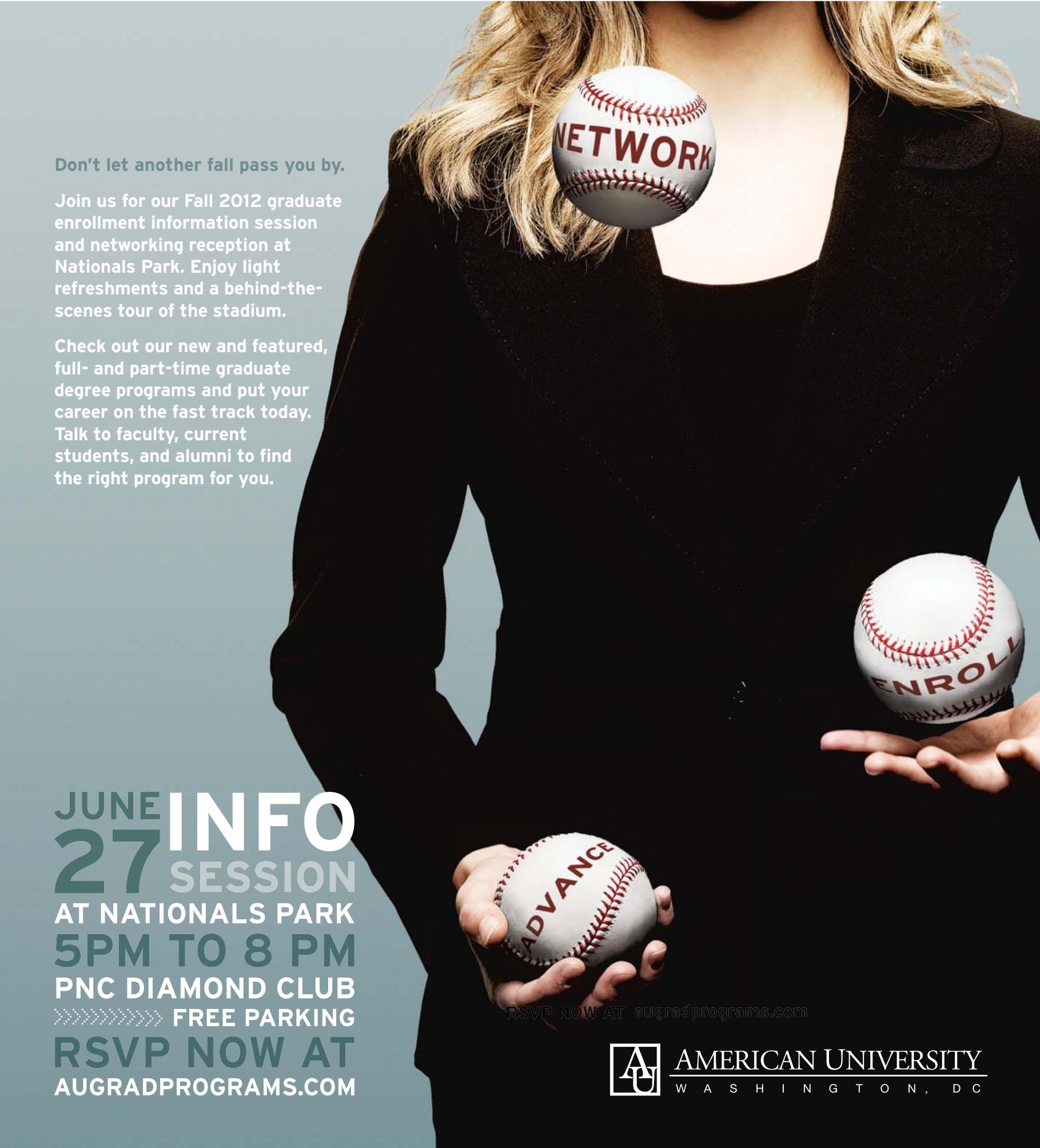
has pleaded not guilty, claiming self-defense during the confrontation with the 17-year-old teen in a gated community in Sanford, Fla. MIKE SCHNEIDER (AP)

Nuns Start Tour Protesting GOP Budget Plan



CHARLIE NEIBERGALL/AP

MARIANNE TODEY OF AMES, IOWA, holds a sign supporting the Nuns on the Bus tour at a stop in her hometown Monday. A group of Roman Catholic nuns are embarking on a two-week, nine-state tour to protest Republican federal budget proposals that the nuns say hurt low-income families.



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Nation

Roger Clemens, left, leaves court Monday with his attorney, Rusty Hardin, in D.C.

Not Guilty Verdict In Clemens Trial

Jury: Pitcher didn't
lie to Congress about
steroids, HGH use

Washington

Former baseball star Roger Clemens was acquitted Monday on all charges that he obstructed and lied to Congress when he denied using performance-enhancing drugs as a fast-ball pitcher.

Jurors returned their verdict after close to 10 hours over several days. The outcome ended a 10-week trial that capped an expensive, five-year investigation into one of the greatest pitchers in the history of baseball.

Shortly after the verdict was read, the former Red Sox and Yankees pitcher and his family engaged in hugs, including a large group hug. Clemens' wife, Debbie, dabbed his eyes with a tissue.

The government's case relied heavily on the testimony of Clemens' longtime strength coach, Brian McNamee, who testified he

Repeated Denial

Roger Clemens, 49, was charged with two counts of perjury, three counts of making false statements and one count of obstructing Congress when he testified at a deposition and at a nationally televised hearing in February 2008. The charges centered on his repeated denials that he used steroids and human growth hormone during a 24-year career that produced 354 wins and a record seven Cy Young Awards. (AP)

injected Clemens with steroids in 1998, 2000 and 2001 and with HGH in 2000.

Clemens' lawyers contended that the pitcher's success resulted from a second-to-none work ethic and an intense workout regimen dating to his high school days. They said that Clemens was indeed injected by McNamee — but that the needles contained vitamin B12 and the anesthetic lidocaine and not performance-enhancing drugs. JOSEPH WHITE (AP)

\$10M

The amount Facebook will pay to settle a lawsuit over ads that retransmitted users' activities. As of 2011, if a user "liked" a brand, the click might appear as a "sponsored story" on friends' pages. Users sued Facebook, saying it used their images for commercial activity. The settlement will be given to charity. (AP)

Islamist Claims Victory in Egypt

Military rulers move to strip presidency of significant power

Cairo

Islamist candidate Mohammed Morsi claimed a hollow victory Monday in Egypt's presidential vote just hours after the country's military rulers stripped the office of its most important powers.

The power grab by the ruling generals delivered another major blow to hopes for a democratic transition born out of last year's uprising that ousted authoritarian leader Hosni Mubarak.

The generals, who deny having effectively staged a coup and rendering the elected president a mere figurehead, will maintain authority over the crafting of laws and the drafting of a new constitution. Civilian oversight of their budget and other affairs will be strictly off-limits.



DANIEL BERHILAK/GETTY IMAGES

Meanwhile ...

Supporters of Mohammed Morsi, the Muslim Brotherhood candidate who claimed victory in Egypt's presidential runoff Monday, celebrate in Cairo. In a victory speech in the middle of the night, Morsi, 60, sought to assuage the fears of many that the Brotherhood, which has spent most of its 84 years as an outlawed group, would impose stricter provisions of Islamic law. (AP)

If Morsi's victory is confirmed in the official result expected Thursday, it would be the first victory of an Islamist as head of state after

the Arab Spring uprisings. But the military's moves to retain power sharpen the possibility of more of the turmoil that has beset Egypt

since Mubarak's overthrow.

"No matter what, the military will continue to play a dominant role in Egyptian politics," said Azzedine Layachi, a Middle East expert from St. John's University in New York.

The new measures came just days after a court packed with judges appointed by Mubarak dissolved the Islamist-dominated parliament, and the military assumed broad authority to arrest civilians — and less than two weeks from the date the rulers set for a transfer of power back to civilians.

The generals issued a "constitutional declaration" late Sunday, the end of the second and final day of a presidential runoff that pitted Morsi against Ahmed Shafiq, Mubarak's last prime minister.

The new president, according to the document, will have no say in the affairs of the military, whose top brass will exclusively exercise the right to appoint commanders.

HAMZA HENDAWI (AP)

Analysts: Vote Briefly Eases Crisis in Greece

Athens

Greece's election result has eased fears of imminent financial disaster for Europe, but the continent's leaders are still searching for a way to contain a debt crisis that threatens the global economy.

"The crisis is far from over," Commerzbank analyst Christoph Weil said in a note to investors.

Sunday's narrow win for the New Democracy party in Greece means that Athens is more likely to stick to the harsh austerity terms of its \$300 billion bailout and not face a chaotic exit from the euro in the very near future.

"The crisis in Greece and the eurozone remains intense," Fitch Ratings said. (AP)

Typhoon Inundates Philippines



AARON Favila/AP

A MAN TRIES TO PASS THROUGH FLOODED STREETS in Malabon, Philippines, on Monday, after heavy rains thrown off by the powerful Typhoon Guchol soaked the region. The storm system was angling toward Japan.

In Brief

KADUNA, NIGERIA

Reprisal Killings Leave 50 Dead After Attacks

Aid workers searched for bodies Monday at a destroyed market after a trio of church bombings sparked reprisal killings in northern Nigeria, officials said. The Nigerian Red Cross put the death toll at 50 people. A radical Islamist sect known as Boko Haram on Monday claimed responsibility for Sunday's attacks that left 21 people dead. (AP)

SANA, YEMEN

Yemen: Military Leader Slain In Suicide Bombing

A suicide bomber assassinated Maj. Gen. Salem Ali al-Quton, Yemen's army commander leading the fight against al-Qaeda in the country's south, the Defense Ministry said, days after the military made major gains in its effort to expel the militants. (AP)

RIYADH, SAUDI ARABIA

Defense Minister Named Kingdom's Crown Prince

Saudi Arabia kept power within the surviving sons of its founding patriarch Monday by naming Defense Minister Prince Salman bin Abdul-Aziz as the country's new heir to the throne. His predecessor, Prince Nayef, died last week. (AP)

Hearsay



"But when I get a girlfriend, I would like to make love on the moon."

— AVELINO CHAVEZ, 52, WHO DRESSES UP DAILY AS SUPERMAN TO ROAM THE STREETS OF LIMA, PERU. CHAVEZ SAID HE BECAME A "SUPERHERO" 15 YEARS AGO AFTER LOSING HIS JOB.

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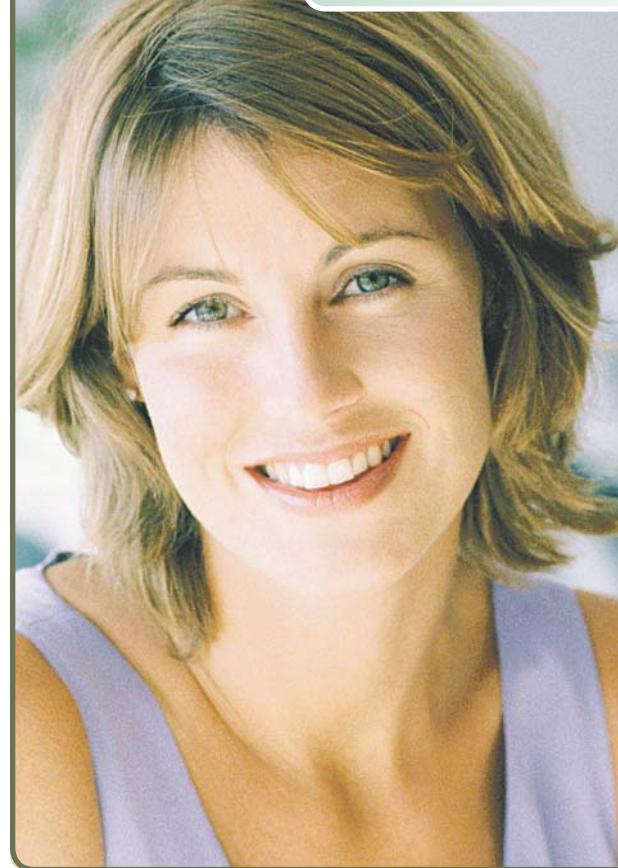
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World

Attack at Shiite Funeral Kills at Least 15 in Iraq

Baghdad

A suicide bomber in Iraq detonated his explosive belt in a funeral tent packed with mourners for a Shiite tribal leader Monday, killing at least 15 in what officials described as an al-Qaeda attempt to reignite sectarian violence.

The blast in the city of Baqouba wounded at least 40 people. It came after a particularly bloody week in which more than 100 people died in bombings across the country targeting a major Shiite pilgrimage.

Monday's violence was another example of insurgents slipping in despite security measures to launch attacks. Iraqi security forces are under heavy criticism for failing to stop militants since U.S. forces left the country six months ago.

The bomber set off his explosives in the tent filled with about 150 mourners on the third and last day of the funeral for a leader of the Zubaidi Shiite tribe, said Sadiq al-



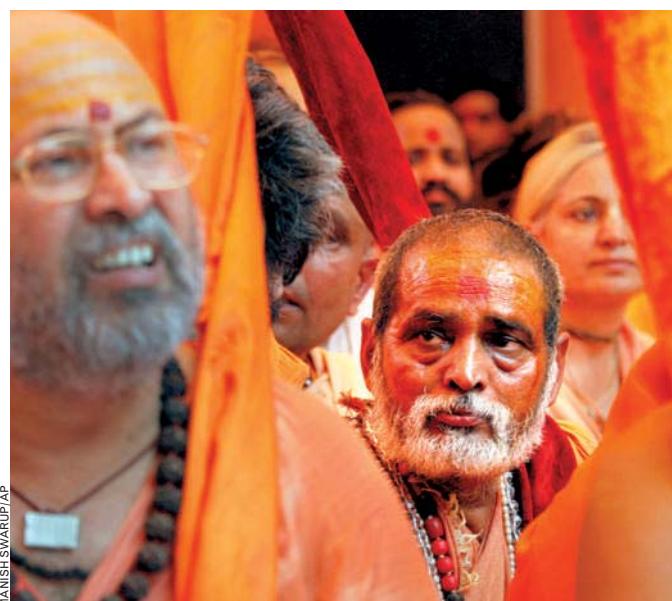
Backstory

Last week, about 25 bombings and mortar attacks in Iraq struck a pilgrimage honoring an eighth-century Shiite saint as hundreds of thousands made their way to the shrine of Imam Moussa al-Kadhim. On the deadliest days, at least 72 died in multiple bombings Wednesday and 26 more on Saturday, the culmination of the pilgrimage. (AP)

Husseini, head of the Diyala provincial council.

A Shiite politician present said security forces tried to stop the bomber when he burst into the funeral tent. (AP)

Indians Protest Pollution of Ganges River



HINDU HOLY MEN RALLY Monday in New Delhi to demand that officials sanction a cleanup of the Ganges River, which is sacred to millions of Hindus. Scientists say massive amounts of human and chemical waste have devastated its waters, making it one of the most polluted rivers in the world.

Hearsay



"I'm starstruck ... but I'm managing to get over it."

— **BONO**, THE 52-YEAR-OLD U2 FRONT-MAN, SPEAKING ON MONDAY AFTER MEETING MYANMAR OPPPOSITION LEADER AUNG SAN SUU KYI. HE ALSO PRESENTED SUU KYI WITH ANOTHER DELAYED AWARD, AMNESTY'S AMBASSADOR OF CONSCIENCE, AND THE TWO JETTED TO DUBLIN FOR A CONCERT IN HER HONOR.

Report: Russia Sending Marines to Syria

Defensive plan rises as U.S., Russia agree violence must stop

Beirut

Two Russian navy ships are completing preparations to sail to Syria with a unit of marines on a mission to protect Russian citizens and the nation's base there, a news report said Monday. The deployment appears to reflect Moscow's growing concern about Syrian President Bashar Assad's future.

The Interfax news agency quoted an unidentified Russian navy official as saying that the two vessels will be heading shortly to the



Common Ground

President Obama is trying to avoid a distracting public spat with Russia during this election year, as suggested by an overheard remark to then-president Dmitry Medvedev in March. On Monday, Obama said he and President Vladimir Putin, shown, agreed on the need for a political process in Syria to prevent civil war and to demand an end to the violence. They also agreed any tensions between the U.S. and Russia can be worked out. (AP)

Syrian port of Tartus, but didn't give a precise date.

Each ship is capable of carrying up to 300 marines and a dozen tanks, according to Russian media reports. That would make it the largest known Russian troop

deployment to Syria, signaling that Moscow is becoming increasingly uneasy about Syria's slide toward civil war.

Interfax also quoted a deputy Russian air force chief as saying that Russia will give the nec-

essary protection to its citizens in Syria. "We must protect our citizens," Maj. Gen. Vladimir Gradusov was quoted as saying. "We won't abandon the Russians and will evacuate them from the conflict zone, if necessary."

Asked if the Pentagon is concerned about the plan, officials in Washington said it depends on the mission. What would greatly concern the U.S., Pentagon spokesman Capt. John Kirby said, is if the Russian naval ships were taking weapons or sending people to support the Assad regime.

An Assad aide visited Moscow on Monday, extending thanks for Russia's firm stance against foreign interference in Syrian affairs. (AP)



NEW METRO FARES JULY 1, 2012

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An 'Incomplete' Grade for Rush+

Confusion mars start of revamped service; trains still crowded

Transportation

Metro riders encountered crowds, delays and confusion Monday morning as the transit agency rolled out Rush Plus. But it's not clear what problems stemmed from the major service changes on the Blue, Orange and Yellow lines and what problems were more typical of the morning commute.

The biggest headaches were faced by Blue Line passengers traveling to downtown Wash-

ton from Virginia. Blue Line riders face the only service reduction as a result of Rush Plus, with three fewer trains running each hour on that line. Riders seemed to feel the effects as crowded trains showed up at King Street, Crystal City and Rosslyn.

Eric Horvath, an IT support contractor who commutes from West Falls Church to Crystal City, gave the new Rush Plus system an "incomplete grade" as he waited with dozens of others for a Blue Line train at Rosslyn station.

One of the goals of Rush Plus was to alleviate the "Orange Crush" by adding three extra Orange Line trains per hour. The crowding on

No Rush at All

Some commuters were not even aware of the changes. Carla Henson, a 50-year-old federal employee, rides one stop from L'Enfant to Federal Center; she said she hadn't even heard of Rush Plus until Monday. (THE WASHINGTON POST)

the line is a "serious problem," said Horvath, 28.

It was unclear Monday how much it was helping. Trains were still packed by the time they got to Court House and Rosslyn.

The extra Orange Line trains did seem to benefit riders com-

ing from the stations on the western end of that line. Rob Flannery, 69, said the trip from West Falls Church to McPherson Square was "better than usual."

Some travelers said their trains were no more or less crowded than a typical day.

"This is how it is normally," said Ronnie Hammad, 49, as he boarded a Blue Line train at Rosslyn to commute to Farragut West.

Several commuters leaving the McPherson Square station after the Rush Plus service ended at 9 a.m. concurred, saying they hadn't noticed anything different about their trips. MARK BERMAN (THE WASHINGTON POST)

Navy Yard Station Set To Close Early On Saturday

Transportation

Metro will close the Navy Yard station early Saturday night for a security drill.

The station, which normally closes at 3 a.m. Sundays, will instead close at 10 p.m. Saturday so Metro Transit Police, the FBI and other law enforcement groups can conduct the drill. The station will reopen at 7 a.m. Sunday.

Green Line service won't be affected. Trains will still run through the station, but won't stop there after 10 p.m. (TWP)



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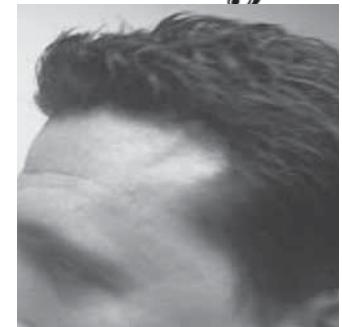
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Local



The \$1 fuel charge in place since March 2011 will end on midnight Wednesday.

D.C. Taxicab Fuel Surcharge to End

Officials say lower gas prices will drop fares on Wednesday

Washington

The cost of a taxicab ride in the District will drop by a dollar this week as the fuel surcharge expires.

Last week, the D.C. Taxicab Commission said the surcharge will expire at midnight Wednesday. It was imposed in March 2011.

Under the current fare structure, removal of the fuel surcharge would reduce the cost of a two-mile cab ride by about 12 percent. The fare, based on an initial flat fee and a per-mile charge, would fall from \$8.32 to \$7.32.

In explaining the elimination of the emergency surcharge, the commission noted that gas prices have been falling and that projections indicate a further slide is likely throughout the summer.

However, the current price is still higher than it was when the surcharge took effect.

When the surcharge was initially imposed March 3, 2011, the average price for regular unleaded gasoline in the District was \$3.45. As recently as March 6 of this year, when the surcharge was extended for a third time, the price was \$3.85, the commission said.

On Friday, the commission said the current average daily price had declined by 19 cents, to \$3.66.

In addition, the commission released an analysis indicating that the national average price at the pump had recently declined for 28 consecutive days. From a peak of \$3.94 on April 6, the price had fallen to \$3.73, the analysis said.

MARTIN WEIL (THE WASHINGTON POST)

12

The percentage that removal of the fuel surcharge will reduce the cost of a two-mile taxicab ride.

Mendo Ready to Run

D.C. Council Chairman Phil Mendelson, left, picked up his petitions on Monday in his bid to permanently win the seat in November, but there remains uncertainty as to whether he will draw a high-profile challenger. Sources said Monday that Council member Vincent B. Orange, D-At Large, is not running for the chairman's seat to focus on his at-large contest. (TWP)



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Local



Redskins Park, the NFL team's headquarters, is in Ashburn, Va., in Loudoun County.

Va. House Committee Questions Redskins Deal

Richmond, Va.

Virginia's top legislative budget-writing and oversight panel questioned Gov. Bob McDonnell's administration on Monday for brokering \$6.5 million in incentives to keep the Washington Redskins' headquarters and training facilities in the state.

Republicans and Democrats grilled senior administration officials for an hour Monday, asking repeatedly and without success that they validate claims that the wealthy team would leave its massive Loudoun County complex without the incentives.

House Appropriations Committee Chairman Lacey Putney said McDonnell knew the legislature opposed the Redskins incentives, yet proceeded anyway without ever notifying him or other senior lawmakers.

Martin Kent, McDonnell's chief of staff, said after the inquisition

that some panel members were told, but could not identify them.

"How did they explain this financial need?" Putney, a conservative independent from Bedford who caucuses with House Republicans, demanded of Kent, who addressed the panel on behalf of the Republican governor who is on a state trade mission to Europe. "What written documentation do you have from the Redskins threatening to leave?"

Kent called the deal, hastily concluded between the governor and his top economic development advisers, "risk mitigation." It obligates the state to pay \$4 million from discretionary funds the governor controls, \$2 million paid over four years from the Washington exurb of Loudoun County, and nearly \$500,000 from the city of Richmond, where the team would hold its three-week summer pre-season camp for eight years starting in 2013. BOB LEWIS (AP)

The Lotteries

Monday, June 18

Maryland

Mid-day Pick 3	8-1-5
Evening Pick 3 (Sun.)	8-5-2
Mid-day Pick 4	2-3-2-6
Evening Pick 4 (Sun.)	2-7-0-9
Match 5 (Sun.)	15-18-31-34-35 (6)

Virginia

Mid-day Pick 3	3-3-8
Evening Pick 3 (Sun.)	5-8-4
Mid-day Pick 4	9-5-8-8
Evening Pick 4 (Sun.)	5-0-6-4
Mid-day Cash 5 (Sun.)	1-19-23-29-33
Evening Cash 5 (Sun.)	2-14-26-28-31

The War of the Words

Campaign lingo underscores two starkly different views of America

Campaign 2012

If sometimes it seems like the two candidates for president are speaking different languages, the reason is simple: They are.

President Obama and Mitt Romney use distinct vocabularies — each employing a campaign glossary of sorts to define himself, criticize the other guy and highlight opposing economic philosophies: Fair shot or economic freedom? The nation's welfare or class warfare? You're-on-your-own economics or the heavy hand of government?

The president has tried to cast himself as the champion of the middle class. He claims Romney wants to perpetuate failed economic policies that favor the rich and privileged business interests over everyday workers. Obama regularly denounces tax breaks for millionaires and billionaires and frequently talks about the importance of "playing by the rules."

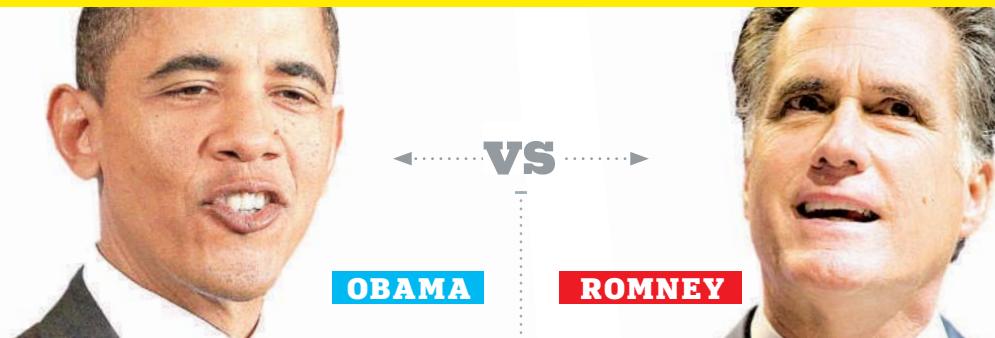
Romney has portrayed himself as Mr. Turnaround, the hands-on guy whose 25 years in the private sector give him the ideal résumé to revive an economy he contends has gone from bad to worse under Obama. His speeches are filled with patriotic references to the Founding Fathers and mentions of "free enterprise" and "prosperity."

"In a lot of ways, it's the standard party line — Democrat, working-class rhetoric, Republican, business class," says Mitchell McKinney, professor of communication at the University of Missouri. "Both are playing to the base."

Both men already have tripped on their own rhetoric — Obama's recent retreat from his assertion

So which words matter most?

Some examples from the evolving economic glossary of Campaign 2012:



"Collective Amnesia"

President Obama's critique of what he says is a trait shared by Republicans who've championed laissez-faire policies but ignored the results. He argues they've forgotten that inadequate regulation, an irresponsible financial sector and a free market that operated without "rules of the road" led the nation to the worst economic meltdown since the Great Depression.

"Fair Shot"

Also see "fair share," "fair play" and "fair." A central campaign theme for Obama. His belief that the government has a role in creating conditions for prosperity, that the growing income gap is hazardous to the nation and the recipe for a stable middle class is to give everyone a fair chance to succeed. Obama used some form of "fair" 15 times in a speech in December.

"Social Darwinism"

The label some Democrats have attached to GOP Rep. Paul Ryan's fiscal austerity plan for a sweeping overhaul of Medicare, deep social service cuts and lower tax rates. Many Republicans, including Romney, have expressed support as a way to curb government spending. Democrats say this approach would squeeze the poor, forcing them to compete for fewer resources while the wealthy thrive, a cruel economic survival of the fittest.

"Economic Freedom"

Mitt Romney subscribes to a long-standing GOP philosophy that the less government, the better the chances for a flourishing economy. He has reiterated his belief in unfettered markets and minimal regulation — a message that also echoes Ronald Reagan, who famously declared that government is the problem, not the solution.

"Opportunity Society"

A phrase with long GOP lineage now used by Romney to describe a society in which success is based on merit and free enterprise, not government doling out benefits. Reducing the size of federal government is key. Reagan spoke of an opportunity society, and Newt Gingrich's Conservative Opportunity Society preached the importance of moving from a "liberal welfare state" to one centered on opportunity.

"Class Warfare"

A wide-ranging criticism by Romney and other Republicans of the Occupy Wall Street movement and Obama policies that highlight income inequity. Romney claims Obama is trying to stoke envy by focusing on the income gap on the campaign trail. Obama says asking the rich to sacrifice more to help in tough times is not class warfare, but advancing the nation's welfare. (AP)

that "the private sector is doing fine," Romney's full-throated declaration that "corporations are people." In coming months, McKinney says, the candidates and super PACs will repeat certain words and phrases "so America comes to accept their narrative as reality. Clearly, words do matter."

"They both have fine lines they're trying to walk."

— MITCHELL MCKINNEY, A PROFESSOR AT UNIVERSITY OF MISSOURI, SAYING THAT PRESIDENT OBAMA HAS TO ADDRESS "THE ECONOMY WITHOUT SEEING THAT HE IS ANTI-BUSINESS, ANTI-CAPITALIST" AND THAT MITT ROMNEY WANTS TO TOUT "SUCCESSFUL WORKING OF THE CAPITALIST SYSTEM BUT NOT HIGHLIGHT IN ANY WAY THE DOWNSIDE."

And what isn't said on the campaign trail is equally revealing.

Case in point: Romney recently made several references to George W. Bush as Obama's "predecessor," avoiding the name of someone who was very unpopular when he left office.

Romney also doesn't identify by name Bain Capital, the private equity company he headed, though he boasts of his business prowess while working there. The president, for his part, doesn't talk about the individual mandate in his health care reform bill.

"You want to avoid nouns that can be used as sound bites that can be turned into something potentially negative," says Kathleen Hall Jamieson, an expert on political communication.

By fall, McKinney says, it'll become clearer what words resonate with the public.

"These two candidates are struggling to help voters interpret just what sort of economic savior we need in the White House," he says. "I think the verdict is still out." SHARON COHEN (AP)

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Adjusting to Life on Top

Nats try to get used to leading division with youthful squad

The Nationals

Since the start of the season, the Washington Nationals have spent more time than not atop the National League East standings, unfamiliar territory for a franchise with a bleak history and a team built on youth.

The Nationals are on a 96-win pace with the third-youngest roster in baseball, one that has little experience in high-pressure games. Having played seven straight series against teams with a .500 record or better, the Nationals will begin yet another Tuesday against a 2011 playoff team, the Tampa Bay Rays, before they face the Baltimore Orioles, a surprising contender.



With an average age just under 28, the Nationals are older than only the Kansas City Royals and Houston Astros. Their leadoff hitter is a 23-year-old rookie with 180 career at-bats. Their star outfielder is 19, still learning how to deal with disappointment. Their best three starting pitchers are 26 or younger. Of the 25 players currently on the active roster, only six have post-season experience.

While they have a young team, their manager is experienced. Davey Johnson, who has managed over 2,100 games, won the World Series in 1986 and made the playoffs five times. He said the Nationals' rough weekend could become an important step — particularly



The Nationals' average age is 28, yet the young team has spent more time this season than not atop the National League East.

because it happened before a combined crowd of 124,135, only the second time in Nationals Park history that all three games of a series drew more than 41,000 fans.

"It was a great experience for the ball club," Johnson said. "Full house, playing the Yankees. I mean, that's a good way to get a quick education."

Four years ago, starter Edwin Jackson, one of four Nationals players on the 40-man roster to have earned a World Series ring, was on a young team that unexpectedly rocketed into the spotlight with a 2008 World Series appearance. Those Tampa Bay Rays had plenty of potential but were the worst team in the American League the previous season.

After an early winning streak,

"It was a great experience for the ball club. Full house, playing the Yankees. I mean, that's a good way to get a quick education."

— DAVEY JOHNSON, NATIONALS MANAGER, ON THE TEAM'S SERIES THIS PAST WEEKEND

the players realized they could compete. Then it just kept happening, aided by two brawls along the way, one a famous fracas in Boston in June that Jackson said "set the tone that we weren't going to be pushovers."

"From then on, we just continued with the cockiness that we could win any ball game regardless of the pitcher on there," he added.

Jackson said he already sees that confidence in the Nationals' clubhouse. "Once you take that field with that mentality, you'll

play like it," he said.

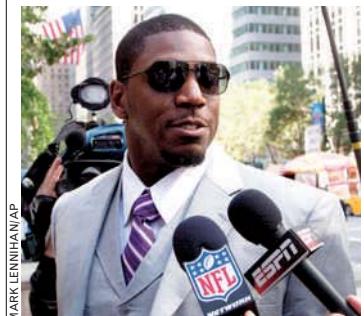
The Nationals have stayed in first place thanks to their strong pitching and depth, and despite a rash of injuries that has put 14 players on the disabled list. They also have lacked consistent offensive production from their middle of the order hitters, Michael Morse and Ryan Zimmerman. But to stay in contention, they surely will need more than three combined home runs and 26 runs batted in from their third and fourth hitters.

JAMES WAGNER (THE WASHINGTON POST)

\$85M

The amount boxer Floyd Mayweather made in 2011, according to a Forbes list released Monday of the 100 highest-paid athletes. Boxer Manny Pacquiao is second on the list at \$62 million. Tiger Woods made \$59.4 million to place third. LeBron James of the Miami Heat is fourth (\$53 million). (AP)

In Brief



Suspended Saints LB Jonathan Vilma's lawyer called the hearing "a sham."

PRO FOOTBALL

Vilma Calls NFL Appeals Hearing Process Unfair

Suspended Saints player Jonathan Vilma left an appeals hearing with NFL Commissioner Roger Goodell after about an hour Monday, denying he had a role in New Orleans' bounty program and saying the process is unfair. The linebacker's attorney, Peter Ginsberg, said the NFL requested an adjournment to Monday afternoon, but he and Vilma refused. Ginsberg called the hearing "a sham" and said Goodell failed to present the evidence on which he based his decision to impose Vilma's season-long suspension. (AP)

EURO 2012

Italy Beats Poland, 2-0

Italy qualified for the quarterfinals of the European Championship after Antonio Cassano and Mario Balotelli scored in each half of a tense 2-0 victory over Ireland on Monday. Cassano headed in with his back to the goal by the near post following a corner kick in the 35th minute on a warm and muggy night at the Municipal Stadium Poznan. (AP)

EURO 2012

Spain Tops Croatia, 1-0

Spain needed a late goal from substitute Jesus Navas to reach the European Championship quarterfinals with a 1-0 win over Croatia on Monday. Andres Iniesta passed to Navas inside the area after Spain broke through an offside trap, and the substitute forward kicked the ball into an empty net in the 88th minute. "We played to the end and we deserved the win," said Navas. (AP)



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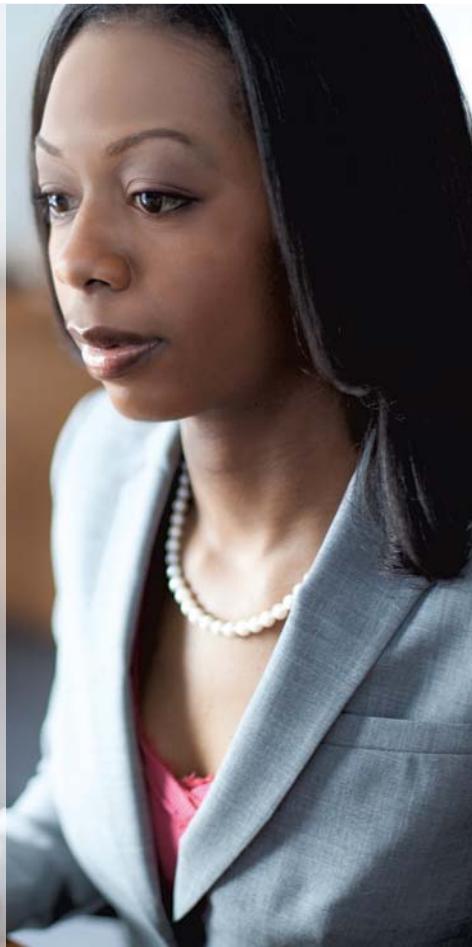
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Sports

Thunder's Errors Still Haunt Them

Team hopes to clean up mistakes to have a chance in Game 4

NBA Finals

The lead was 10, the building was quiet, it was late in the third quarter and the Oklahoma City Thunder were on the cusp of grabbing command of the NBA Finals again.

Then the mistakes started.

Soon, it was the Miami Heat taking the lead in this championship series — and ensuring the Thunder would spend two days with the memories of so many things going wrong at the wrong times.

A night of missed free throws, more foul trouble for Kevin Durant, wasted opportunities in critical situations and one dreadful stretch to end the third quarter all added up to a loss for the Thunder on Sunday, falling 91-85 to the Heat in Game 3 of the finals. Miami now leads the best-of-seven championship series 2-1, with Game 4 back on its floor Tuesday night.

The Heat needed help to win. And the Thunder accommodated them, with mistake after mistake.

"This is not over," said Durant, the league's scoring champion. "It's not over."

He repeated the words for emphasis. But if the Thunder repeat those mistakes, then it might be over.

"Game 4 is crucial," Thunder guard James Harden said.



Thunder forward Kevin Durant reacts after getting called for a foul Sunday.

"It's the series. We don't want to be down 3-1."

Durant finished with 25 points for the Thunder, who got 19 from Russell Westbrook and 10 points and 12 rebounds from Kendrick Perkins.

"This team is not going away," Heat forward Shane Battier said of the Thunder.

"This is an evenly matched series. Literally every game has been decided by four or five possessions. We just want to be on the right side of those possessions when it counts."

TIM REYNOLDS (AP)



Wizards Work Out Drummond

The Washington Wizards on Monday continued their evaluation of potential players whom they could select with the No. 3 pick in the NBA draft by working out former Connecticut standout Andre Drummond. At 6 feet 10, 270 pounds, Drummond would fill a need along the front line, where the Wizards continue to search for a solution at center. (THE WASHINGTON POST)

The Wrong Guy Wins Again at Olympic Club

Golf

The U.S. Open yields few birdies or big celebrations. At Olympic Club, they always come in strange places.

Webb Simpson walked off the 18th green on a fog-filled Sunday evening with his face red and his legs limp, settling into a corner of the locker room to recover with his worried wife and watch Jim Furyk and Graeme McDowell chase his 1-over par 281 on the course.

After a week that restored the toughest test in golf, this was not the look or score of a mediocre man.

This was the 112th U.S. Open champion.



Webb Simpson won the 112th U.S. Open, known as the "graveyard of champions."

Simpson saved par from the collar around the 18th green and sweated out a pair of past champions three groups behind, becoming the latest to claim his first major

title at a club that always crowns the guy nobody expects to win.

"To be honest," Simpson said, "I never thought about, and I never really wrapped my mind around

winning."

With the history here, he should have known better.

Olympic is known as the "graveyard of champions" because proven major winners who were poised to win the U.S. Open — Ben Hogan, Arnold Palmer, Tom Watson and Payne Stewart — all lost out to the underdog.

Perhaps it was only fitting that the Simpson, 25, went to Wake Forest on an Arnold Palmer scholarship.

"Just the other day, I read that story and thought about it. He's meant so much to me and Wake Forest. Hopefully, I can get a little back for him and make him smile."

DOUG FERGUSON (AP)

TV Lineup

EURO 2012 (2:30 P.M., ESPN, ESPN2)

On the final day of group play, England kicks off against co-hosts Ukraine, and Sweden faces a strong France team.

NATIONALS (7 P.M., MASN2)

The Nats hope to get a few back against the AL East when they host the Rays for a three-game set.

ORIOLES (8 P.M., MASN)

The Orioles continue their series against the Mets at Citi Field.

COLLEGE BASEBALL (8 P.M., ESPN)

No. 2 UCLA takes on No. 3 Florida State in a College World Series elimination game.

NBA FINALS (9 P.M., ABC)

The Heat host the Thunder, hoping to take a 3-1 lead in Game 4 of the NBA Finals.



12 WEEKS. 6 CHALLENGERS. 1 GOAL.

We spoke with Brittany about how she stayed strong during her time abroad.



What were your concerns about how traveling would affect your diet and exercise habits?

Brittany: Much like at home, my biggest concern was time. I thought it was going to be hard to balance work, play, and exercise in a country centered on drinks in the plaza and dinner out with friends. I was also worried that my Spanish friends would perceive my [passing on some food and drinks] as rude and non-traditional.

What were some strategies you used to make sure you didn't fall back on your progress?

Brittany: My biggest strategy was walk, walk, walk, walk, walk! Also, I didn't weigh myself. After focusing for weeks on the number on the scale, I had lost sight of the big picture. My pants started to bag, my shirts started to hang—but I still only saw that number. So after a getaway and some insight, the numbers [on the scale] don't mean so much to me anymore.

What have you learned from your experience trying to stay fit while away from home?

Brittany: The best thing I can take away from being healthy and traveling is to truly enjoy the moment but enjoy it proportionally. Madrid is a second home to me; had I not eaten paella or had drinks with my friends, I would have regretted it. Instead, I simply had a smaller drink and less paella. In the end, you get to have your paella. And eat it, too.

WEEK SEVEN

TRAVEL TIME: Staying Healthy Away From Home

Maybe it's a long-anticipated vacation to another country. Or a business trip to a nearby state. Whatever the reason, when we travel, it can throw a wrench in our personal fitness plans. So how do you stay on track when you're away from your gym, your support system, and your diet? Brittany, one of this year's challengers, found out during a recent 10-day trip to Madrid, Spain. It turns out that all you need is a little creative thinking and a lot of dedication to make sure your trips—whether planned or spur-of-the-moment—don't interrupt your progress on the journey to a stronger you.

We also asked Brittany's trainer, Brittni, for insights into staying healthy while traveling.

How can Gold's Gym help support clients while they're away from home?

Brittni: Gold's Gym has a travel pass program we offer with your membership so you can use other Gold's clubs (both nationally and internationally) as if they were your home gym. This makes it much easier to stay on your workout plan while you travel. Brittany was able to use her gym membership overseas using her travel pass!

What are some fitness suggestions you have for people traveling this summer?

Brittni: Traveling can be stress relieving—and also stressful. The biggest piece of advice I'd offer someone is to be mindful of what you put in your body. Vending machines and fast food are made accessible in airports and at rest stops, but they aren't really the best solution for a quick bite to eat or a snack. I'd say pack small travel snacks that are high in nutritional value, like dried fruit or peanuts, to keep you going.



CHALLENGERS	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LOSS	TOTAL POINTS
Jim	198 lbs.	194 lbs.	32 lbs.	32 points
Tamika	238 lbs.	228 lbs.	34 lbs.	29 points
Paige	198 lbs.	195 lbs.	30 lbs.	29 points
Mike	311 lbs.	305 lbs.	31 lbs.	22 points
Vasantha	250 lbs.	246 lbs.	24 lbs.	18 points
Brittany	183 lbs.	179 lbs.	10 lbs.	17 points

Points are awarded weekly for % of body weight lost and competitive challenges.



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For additional information regarding this study, please contact: Clinical Research Manager (202) 476-3615 jhandy@childrensnational.org

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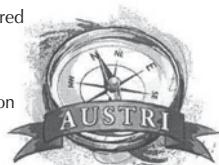


You or your child may qualify if they:

- Are 12 years of age or older
- Have had asthma for at least one year
- Are receiving asthma treatment
- Have had asthma bad enough to see a doctor in the last 12 months

There are other study requirements that will determine whether individuals may participate in this clinical research study.

- There is no placebo (inactive substance, sometimes referred to as a sugar pill) in this clinical research study.
- There will be no blood draws (no needles) during this clinical research study.
- Qualified study participants will receive asthma medication and study related medical care for their asthma.
- Reimbursement for time and travel may be provided.



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A summer getaway to Canyon Ranch may not fit into this year's budget, but you can get a taste of the destination spa's wellness programming with "Canyon Ranch: Strong & Sculpted" (\$14, Acacielifestyle.com). The informative — and push-up-packed — DVD includes three 20-minute workouts (yoga and strength taught by the mellow Hannah, core taught by the grating Darcy), as well as bonus segments on nutrition, joint health and muscle building.



See your weekly Gold's Gym Trainer Tip on the next page.

Watch Out for a Bare Attack

Runners are untying their laces to try workshops and races without any shoes

A barefoot man walks into a shoe department. Nope, that's not the setup of a joke — it's what happens every Sunday at 9 a.m. at Hudson Trail Outfitters in Tenleytown when the outdoor retailer hosts its weekly barefoot running clinics.

"It's now so foreign to me to run in traditional shoes. They feel like bricks on my feet," said Rodney Wells, head of the Barefoot Runners of Northern Virginia and D.C., who stomped inside on a recent Sunday with nothing on below his ankles but a couple of toe rings. ("It's just a little bling," he explained.)

Wells attends these sessions regularly to help other runners make a transition like he did: from traditional running gear to Vibram FiveFingers — the glovelike shoes that allow wearers to mimic barefoot running — and eventually to no footwear at all. "We did it before shoes were invented," Wells said. "It's made me feel better and go faster."

Over the past five years, proponents of barefoot running and minimalist footwear have forced everyone to rethink what they're putting on their feet, and consider whether the cushioning in shoes is actually causing problems. This idea has gone from the fringes of the running world to front and center. This weekend, Washington hosts the Naked Foot 5K, part of a national race series that invites participants to kick off their shoes — or not.

"If you don't want to run barefoot, don't," says Scott Jones, who created the Naked Foot 5K two years ago with his wife. Their first



Although the Naked Foot 5K supports running barefoot or in minimalist shoes, participants are invited to wear anything.

COURTESY NAKED FOOT 5K

Best Foot Forward

This is the weekend to learn more about barefoot running.

► Saturday is education day at Hudson Trail Outfitters (4530 Wisconsin Ave. NW, 202-363-9810, Hudsontrail.com). From 2 to 6 p.m., get a medical perspective, pick up technique tips and mingle over beer and wine samples.

► The Naked Foot 5K (Thenakedfoot5k.com) kicks off Sunday with a free kids 1K at 8:30 a.m. at 8200 Meadowbrook Lane in Chevy Chase, Md. Before the 5K (\$40), there will be a barefoot-friendly warm-up. The race will be followed by a festival, featuring minimalist footwear vendors, fitness demos and kids games, including "bareball," a croquet variation with a soccer ball.

event in Denver generated so much interest that they've expanded to cities across the country. Part of their success, Jones says, is that they welcome anyone. Barefoot runners, minimalist shoe runners and traditional shoe runners show up in equal numbers.

But even if they're not ready to ditch the shoes completely, participants get a chance to see what it feels like to walk in the grass before the run. "You'd be surprised by the number of people who don't take off their shoes even in the house," adds Jones, who recommends that nervous barefooters simply take their shoes with them. "If they get uncomfortable, they can put them on."

Chances are, they won't get into too much trouble. "We've never had any injuries other than a stubbed toe, but that could happen even in shoes," Jones says.

What runners have to worry about more is soreness. Running without traditional shoes requires a different kind of stride than the one most people have developed, explains Sandy Cohan, owner of Hudson Trail Outfitters, which is the largest Vibram FiveFingers retailer on the East Coast. Instead of striking with the heel, barefoot and minimalist runners need to land on their midfoot or forefoot to absorb the shock.

In order to help customers make

the shift, Hudson Trail Outfitters has partnered with the Naked Foot 5K to host a pre-race education day and has launched these weekly events. The aim, says Cohan, is to show them how to start running in the barefoot category without fear.

On that recent Sunday, 41-year-old David Feldman, of Silver Spring, and his son Ian showed up in FiveFingers and barefoot, respectively. After reading "Born to Run," the bestseller often credited with the resurgence of barefoot running, the elder Feldman decided to give it a try, and now his 13-year-old is following suit. But the two of them have questions. "I think I've got most of the basics of form, but I'm curious to see other people and watch how they run," he said.

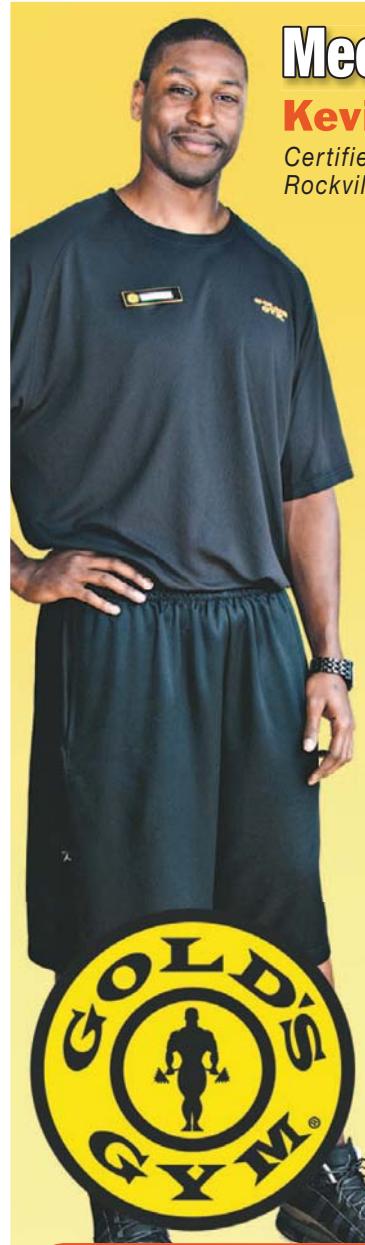
Minimalist shoe company reps offered technique pointers and a piece of training advice: the 10 percent rule. They suggested that if you run 10 miles a week, you should do just one mile barefoot. Then you can up that amount 10 percent per week until you're finally doing all of your running barefoot.

Customers got fitted for sample shoes before the group went for a jog around the block, and then they discussed the experience. "I noticed it a lot in my ankles. I might be trying to compensate," said Chad Nelson, 36, of Cleveland Park. "But I like feeling more connected to the ground. I'm sold on the philosophy of simplifying everything."

Maybe soon, he'll be walking into stores barefoot, too. VICKY HALLETT (EXPRESS)

"It's now so foreign to me to run in traditional shoes. They feel like bricks on my feet."

— RODNEY WELLS, HEAD OF THE BAREFOOT RUNNERS OF NORTHERN VIRGINIA AND D.C.



Meet The Trainer

Kevin Johnson

Certified Personal Trainer
Rockville Town Square Gold's Gym

Kevin had a twenty year career as a basketball player, earning a Division I college scholarship to the University of Tulsa, and playing professionally overseas for a number of years. During his playing career he was exposed to a wide variety of training styles and methods, which gave him a broad knowledge base. Due to a serious injury, he worked with Gary Gray, a leader in functional prevention, rehabilitation and performance enhancement. Kevin integrates all of these systems and methods into his work with his Gold's Gym clients.

Certifications:

- National Academy of Sports Medicine Certified Personal Trainer
- B.S. in Exercise and Sports Science (focus on personal training and massage therapy)
- CPR & AED

To schedule an appointment with Kevin or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

Trainer Tip of the Week

It's race season and the heat is on. Dehydration is the top health risk for outdoor enthusiasts. Take as much time planning your hydration as you do planning your exercise.

 **GoldsGym.com**

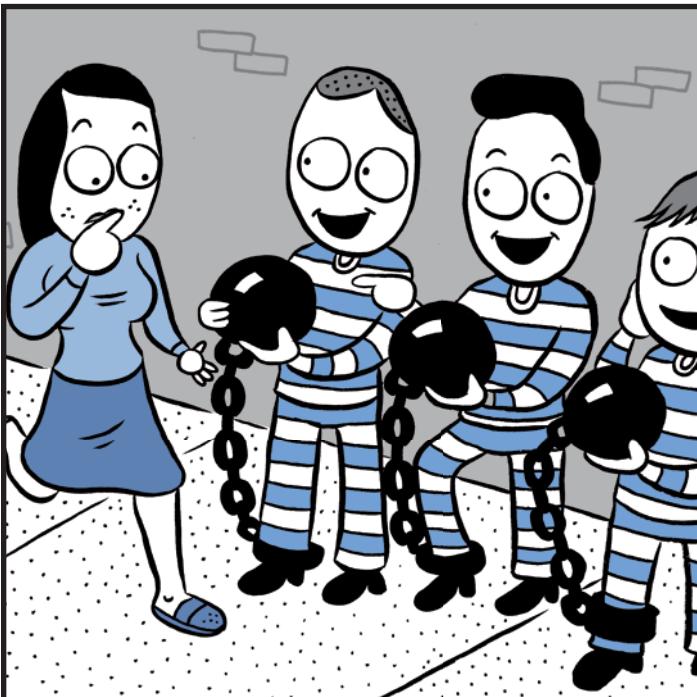
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Choices Beyond Thumb Removal

Q How do I get my husband off his BlackBerry? He looks at it when he's pushing our twins on the swing, he checks it under the table at dinner, he breaks it out after we say goodnight and first thing in the morning. He claims it's for work, but there's an addiction at play here. ANNOYED

He could very well have a compulsion. But before you set boundaries, you've got to figure out whether he's willing to work on it. An arsenal of "But my boss needs me to respond within nanoseconds!" excuses might prohibit him from even entertaining the notion of change.

If that's the case, a reality check — perhaps with him taking one day and keeping track of how much time he spends on there, to help him be sensitized to how automatically he reaches for it — might alert him to the problem. You could also have a talk about the feeling you get when your kids lose their dad to a screen. If he's on board, start with phone-free zones; even just five minutes at a time of him putting it in the other room, gradually growing to longer periods. If he gets overly anxious, he might look into help from resources such as Netaddiction.com.



Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Don't Want to Date Dads

Q

I'm a 32-year-old woman who, after two long relationships in my 20s, is facing a dismal dating scene. It seems that all guys my age that are decent are divorced, many with kids. I have no interest in being a stepmother or dealing with the fallout from a divorce. But if I rule these guys out, only the immature ones are left. I didn't get married because the people I dated weren't right for me. Why is it hard to find the same? STILL SINGLE

What about guys who are already married with no intention of divorce? Kidding!

This is tricky because you've set up a false choice. Yes, if you rule out divorced guys and dads, you'll reduce the size of your dating pool, but there will still be a dating pool. Perhaps you're looking in places that are ratcheting up the imma-

turity? Perhaps you're putting out such a strong anti-parent stance that you're attracting guys who are kids themselves? You have a right to date according to your preferences — just like someone's right to buy sushi from a gas station. But when your preferences give you indigestion, it's time to expand them or find another part of the sea to fish in.

Event Horizon

'Sun' Screens

Several films at this year's Silverdocs festival focus on health themes, including "Sun Kissed," the story of a Navajo family with two kids born with a genetic neurodegenerative disease that makes exposure to direct sunlight fatal. It screens Wednesday at 4 p.m. and Saturday at 6 p.m. The earlier showing will be followed by a panel discussion with the filmmakers, the film's subjects and a cultural anthropologist. Get details at Silverdocs.com.

When's My Nap Time?

Mommy Bootcamp gives parents a way to exercise without losing sight of kids

The exercisers who show up at Kathy Corbey's 4,000-square-foot studio in Ashburn, Va., don't just bring water bottles. They're also toting sippy cups and strollers.

What It Is: "Women in this area want to have their kids with them, but they also want to have a tough workout," Corbey says. She's taught group exercise classes for 20-plus years, but didn't decide to focus on pre- and postnatal moms until after she gained 70 pounds with her first pregnancy and 45 with her second. "It's important for moms to have a place where they can go and take the baby and get

Work It Out

back in shape because it's not just a physical thing, but how you feel mentally," Corbey says. She began Mommy Bootcamp classes six years ago, and just opened her own studio called — you guessed it — Mommy Bootcamp.

Class Lineup: Corbey's signature offering is a mix of cardio, strength and core work. There's also the butts-and-guts-focused BOOTY-Camp, BabyBelly Fitness (a prenatal low-impact class) and Mommy & Me Fitness, in which Corbey turns the tots into props. "Use the baby weight to lose the baby weight," she says. Dads can join moms for free at the aptly named Saturday Insanity classes.

Workout: The structure and difficulty varies by class, but Corbey is a fan of tabata training. That's



PHOTOS BY TEDDY WOLFF

Moms can feel comfortable about integrating antsy babies into their exercises.

a high-intensity format in which participants repeat one move as often as they can for 20 seconds (although she usually has students go for 30), take a 10-second breather and go again for a total of six sets.

Moves: One Corbey favorite is "squat hops": Squat with wide legs, jump up from the lowered stance and return to it when you land. "You're working your quads, your glutes and you're also getting cardio," she says. She's also big on booty kicks, which involve holding onto a step platform with wide arms and kicking up and back with your



There are multiple instructors at classes to offer modifications.

Details

Class passes cost \$160 for 20 or \$100 for 10 and never expire. Parents can have unlimited access to the Ashburn, Va., studio at 21770 Beaumeade Circle, Suite 130 for \$65 per month. Child care is free. Infants stay in strollers next to Mom and Dad; kids 18 months and older play in a room at one end of the studio. More info at Mommybootcamp.org.

feet together. Too out-of-shape or pregnant to pull that off? Classes are often taught by multiple instructors to show several modifications simultaneously.

Crowd: Molly McMahon of Reston has been a Corbey devotee for more than two years, since her third baby was 18 months old. "I felt like I got one hour a day to myself without leaving my kids," McMahon says. Moms frequently bring dads along, so it's not unusual to see guys sweating it out, too. Chaz Reynolds of Sterling just warns that the experience can be humbling: "You're having a hard time keeping pace with some of these women who are pregnant or have just given birth."

STEPHANIE KANOWITZ (FOR EXPRESS)

Moneymaking Moves

People who work out regularly earn higher salaries, says study

Regular exercise may be as beneficial to your bottom line as it is to your waistline, finds a new study from Cleveland State University.

Researchers asked thousands of Americans about their exercise habits as well as their weekly incomes. What did they discover? People who exercise three or more times each week make roughly 10 percent more — or an extra \$80 per week on average — than those who never exercise. That finding holds regardless of BMI, meaning

how fit you look doesn't seem to play a factor.

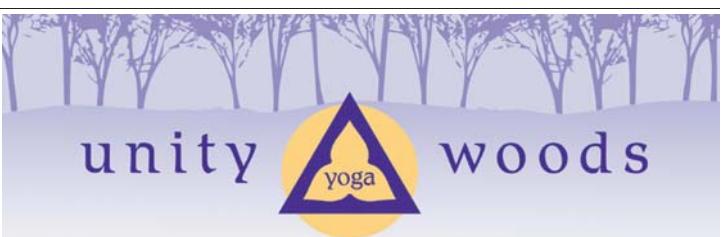
Even occasional exercise was linked to an income boost: People who work out just one to three times per month make roughly 5 percent more than those who stay seated, the study says.

Previous research has shown that exercise increases your

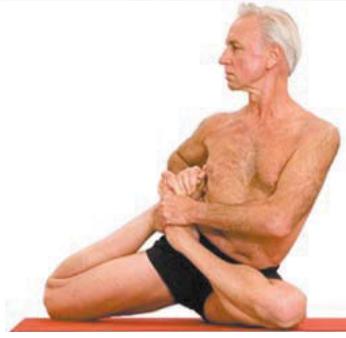


intelligence, positive attitude and energy levels, says study author Vasilis Kosteas, an economics professor at Cleveland State University. "Each of these factors in turn can raise a person's productivity, leading to higher earnings," Kosteas says. Basically, you feel better and work better when you exercise, and that translates to a heftier paycheck.

The study defined exercise as aerobics, running, swimming or cycling, but weight training has been shown to offer the same cognitive and energy-increasing benefits. So however you prefer to train, doing it more will likely pay off. MARKHAM REID (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)



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Starting a New Drinking Game

Grab-and-go juices let customers sip fruits and veggies

Politicians have pledged to clean up Washington for years with little success. So instead, Zoe Sakoutis and Erica Huss have a plan to cleanse Washington.

In 2007, the duo founded BluePrintCleanse to introduce newbies to the benefits of spending a few days on an all-juice diet. Because it's tough to jump right into slurping kale from a cup, the N.Y.-based company offers several menu plans of six fresh-pressed juices a day. Beginners can start with drinks with more appealing flavor profiles and work their way up to the super nutrient dense options.

That approach, combined with the fact that BluePrint ships any-

"I definitely start every morning with juice. It's sort of my coffee, but I drink coffee, too."

— ZOE SAKOUTIS, CO-FOUNDER OF BLUEPRINTCLEANSE

where in the country, has won the devotion of fans, including a healthy contingent in D.C.

So when BluePrint decided to sell grab-and-go juices at Whole Foods stores in several cities, Washington was one of the winners. Shoppers can now buy individual bottles (\$10-\$12 each) of five blends: Green (romaine, celery, cucumber, apple, spinach, kale, parsley, lemon, ginger), Red (apple, carrot, beet, lemon, ginger), Yellow (lemon, water, cayenne, agave), Gold (pineapple, apple, mint) and White (cashew, water, vanilla, cinnamon, agave).

"When we first launched, we had a tremendous amount of education to do," Huss says. BluePrint



BluePrint's line of juices doesn't hide its ingredients.

had to explain that cleansing isn't the same as fasting, and that the pricing makes sense considering the cost of organic produce and how time-consuming it is to re-create a juice cleanse at home.

With the retail availability of the juices, it's likely some customers will buy in bulk to do cleanses. But this line is also for folks who just want to get some juice in their daily diets — which is how Sakoutis and Huss often use their products.

"I definitely start every morning with juice. It's sort of my coffee, but I drink coffee, too," says Sakoutis, whose go-to is the Green, which boasts six pounds of produce per bottle. "A day without it and I feel it's missing."

And kale in a bowl just isn't the same thing. VICKY HALLETT (EXPRESS)

lookout

Sound Bets



Nordic Noise

Summers in Nordic countries feature an explosion of music festivals. After winter's darkness, the longer days mixed with an institutional devotion to supporting creativity—most events receive government help—mean many sonic throwdowns across Denmark, Norway, Sweden, Iceland and Finland.



By Christopher Porter

For six summers, D.C. has also benefited from these countries' adherence to the arts, with their embassies banding together for the always-excellent Nordic Jazz fest (June

22-30, Norway.org/nordicjazz).

The majority of the concerts are at Twins Jazz, but the big show is always on House of Sweden's rooftop. With the Potomac as a backdrop, guitarist Björn Thoroddsen (Iceland), saxophonist Håkon Kornstad (Norway; pictured above), pianist Søren Møller (Denmark) and trumpeter Goran Kajfeš (Sweden) will play up there June 26.

Møller, Kajfeš, Kornstad and Thoroddsen will also play Twins (June 23, 24, 28 and 29, respectively), as will the experimental Norwegian quartet IPA (June 22) and Icelandic pianist Sunna Gunnlaugsdóttir (June 30). Gunnlaugsdóttir and pianist Iiro Rantala will also swing the Finnish Embassy on June 27.

The only thing missing is the midnight sun.



Read Christopher's previous columns at: expressnightout.com/soundbets



Take the Sheenic Route
After 'Anger Management' wraps, Charlie Sheen plans to retire from acting **35**

NO LONGER A BABY

Teen singing sensation Justin Bieber shows signs of maturity on 'Believe,' his third disc

Album Review

Because Justin Bieber is Justin Bieber, it's hard to take his music seriously. Everything about him screams Tiger Beat, from the endless screeching girls to his relationship with fellow teen idol Selena Gomez to that hair, his perfume lines and those Proactiv commercials.

And then there's the song that has defined him most—the saccharine, bubble-gum "Baby."

With all that against him, it's not surprising that few have taken him seriously as an artist.

"Believe," his third full-length album, might change that. The 13-track set shows that Bieber, now 18, is growing as a musician, and the results are (mostly) enjoyable.

Lead single "Boyfriend" is a great pop song that sounds as if Justin Timberlake's falsetto were mashed up with the Ying Yang Twins' "The Whisper Song." It's Bieber's biggest hit to date.

The rest of the album holds future hits: "All Around the World" (with Ludacris) is upbeat, as is the futur-

istic, Big Sean-assisted "As Long as You Love Me," which sounds like it could have been produced by dubstep DJ Skrillex.

Bieber co-wrote all but one song on the album, working with producers the Messengers, Rodney Jerkins, Hit-Boy, Diplo, Max Martin, Bei Maejor and more. His best collaboration, though, is with Drake on "Right Here," a nostalgic R&B jam that proves the Canadian singer is best on smoother tunes, not Euro-flavored club tracks.

"Believe" does have its missteps: "Thought of You" is forgettable, as is the Nicki Minaj-featuring "Beauty and a Beat."

It's on "Catching Feelings," a soft pop groove co-written by Babyface, where Bieber shows his biggest growth. Arguably the album's best track, it showcases Bieber's versatility and—hopefully—an artistic heft that we're only just seeing the beginning of. **MESFIN FEKADU (AP)**

• **Verizon Center, 601 F St. NW; Nov. 5, 7 p.m., sold out; 202-628-3200, Verizoncenter.com. (Gallery Place)**

All Around the Airwaves

Justin Bieber will be all over television this week supporting "Believe." Tuesday, he'll appear on MTV at 7:30 p.m. for "Bieber Live," where he'll perform and answer tweets. On Wednesday and Thursday, NBC profiles the singer with "Justin Bieber: All Around the World," a behind-the-scenes documentary. And he's a guest on "The Tonight Show With Jay Leno" on Wednesday and the "Late Show With David Letterman" on Thursday. **(EXPRESS)**



lookout entertainment

top
stops



COURTESY STUDIO THEATRE

1 Here Comes The Bride

The women of "Bachelorette" aren't exactly at a bachelorette party – their frenemy is getting married and the three of them are crashing, in more ways than one. An evening of drugs, alcohol and trash talking each other ends in ... well, we won't give it away, but the bride does show up eventually. *Studio Theatre*, 1501 14th St. NW; through July 8, \$35-\$69; 202-332-3300, Studiotheatre.org. (Dupont Circle)

2 Learn From The Spymaster

You might not know Eric O'Neill's name or face, but you know his work: He's the FBI operative who brought down megaspyp Robert Hanssen in 2001. O'Neill will teach a class in surveillance tonight, showing you how to track people on the street and take pictures without being noticed. That sounds creepier than we thought it would. *International Spy Museum*, 800 F St. NW; Tue., 6:30 p.m., \$94; 202-654-0932, Spymuseum.org. (Gallery Place)

3 Everything's Bigger There

We expected witty New York Times columnist Gail Collins' next book to be about her obsession with Mitt Romney's dog Seamus, but she threw a curveball with "As Texas Goes," an examination of the attitudes and importance of the Lone Star State. Seamus will have to wait. *Sixth and I Historic Synagogue*, 600 I St. NW; Tue., 7 p.m., \$12 or get two free tickets when you buy her book from *Politics and Prose*; 202-408-3100, Sixthandi.org. (Gallery Place)



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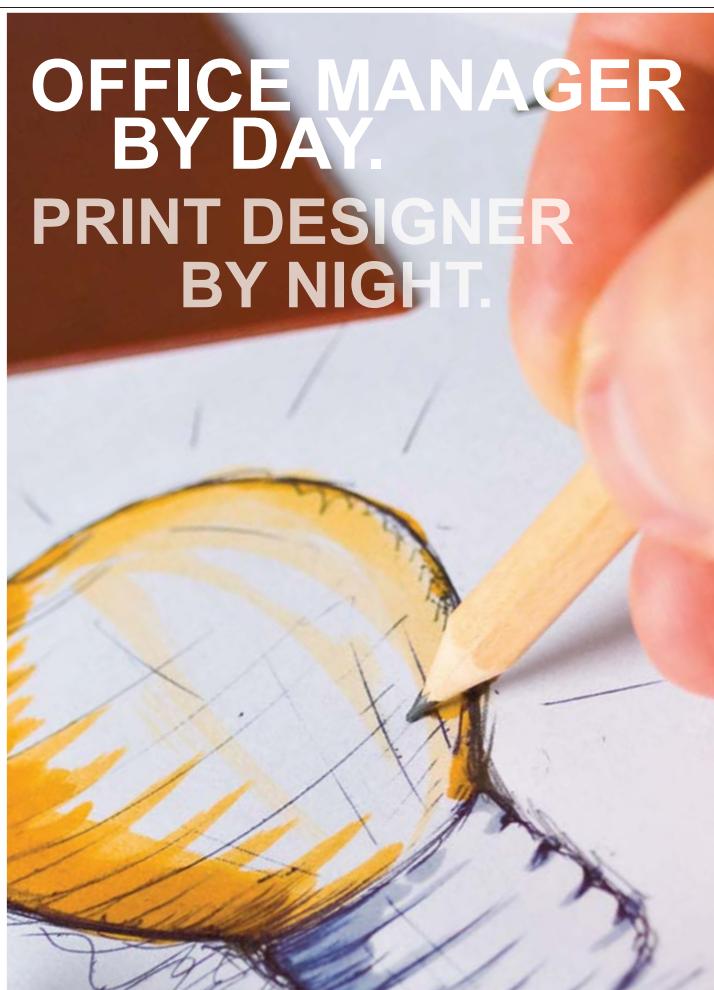
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TV tonight lookout

Best Bets

FAM
8:00

Pretty Little Liars Spencer tries to find out why her mother has taken Garrett on as a client and learns a bigger secret about her family. Elsewhere, Aria decides to become Jenna's (Tammin Sursok, right) accompanist so she can keep tabs on her.

NBC
10:00

Love in the Wild The newly formed trios are shackled together for a challenge that takes them through the jungle and into a cave full of bats. A romantic sailboat cruise awaits the winning trio, while six women face elimination. Jenny McCarthy hosts.

TNT
10:00

Franklin & Bash Peter and Jared (Breckin Meyer, left) run into a couple of guys who remind them of themselves. Pindar's (Kumail Nanjiani, right) quirky ways threaten to derail the case he's working on. (TRIBUNE MEDIA)



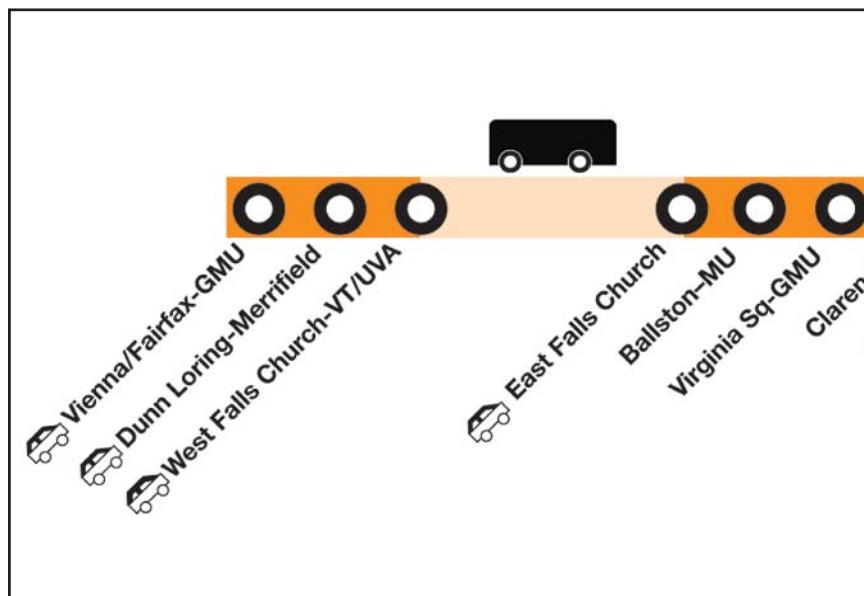
BRISTOL PALIN: LIFE'S A TRIPP

Like Mother, Like Daughter

LIFE
10:00

As on "Sarah Palin's Alaska," "Bristol Palin: Life's a Tripp" is filled with the Palin clan making pronouncements and then behaving in ways completely at odds with their stated philosophies. Here, Bristol extols the beauties and virtues of Alaska in one scene and then decides to move to Beverly Hills in the next. She continually tells us that her son, Tripp, is the very center of her life, yet Bristol spends most of her time shopping, cavorting and clubbing, all the while condemning the shallowness of the LA lifestyle. Bristol has found one appropriate outlet for her "do as I say, not as I do" behavior. She's going on the lecture circuit to promote sexual abstinence. And "Life's a Tripp" will be there to follow her. KEVIN McDONOUGH (UNIVERSAL UCLICK)

TRACK WORK THIS WEEKEND



**From Friday, June 22 at 10 p.m.
to Sunday, June 24 at closing:**

Buses replace trains on the Orange Line between East Falls Church and West Falls Church-VT/UVA as Metro installs switches for the Silver Line and replaces ties.

To get last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.

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THIS WEEKEND**

BETWEEN

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- (RD)** Medical Center - Grosvenor-Strathmore
- (BL)** Addison Rd - Stadium-Armory

Weekend train schedules are adjusted for MetroForward rebuilding efforts.

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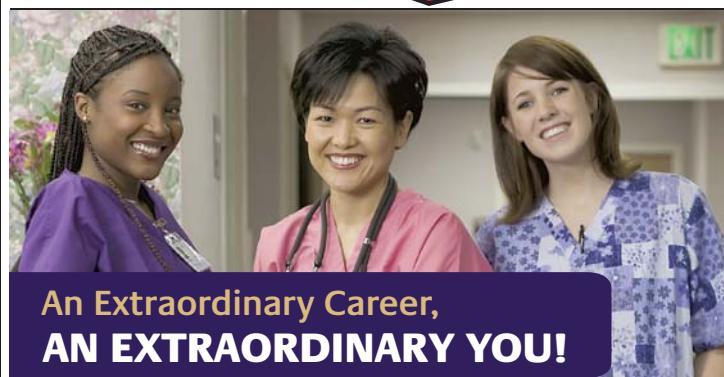
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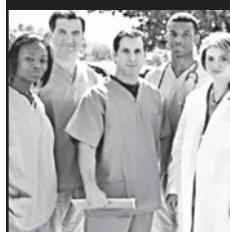
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"If Democrats can get out the Hispanic-American vote, this election is already over for the GOP."

— Commenter **JOSTASAUCE** reacts to news that Cristina Saralegui, a talk show host once dubbed "the Hispanic Oprah," has endorsed Barack Obama for president.

"Really, with all the gadgetry out there devoted to the dismemberment of all things allium (garlic rollers, onion goggles, veggie choppers), I would imagine that the even the most sensitive and delicate of cooks would be able to chop their own garlic. And, honestly, if it's still so bad armed with the latest in kitchen tech, perhaps one should just order take-out and be done with it."

— Luke at **THEPASSIONFRUITS.COM** has no patience for people who use garlic that comes pre-chopped in a jar.



WWW.NEWSHIP.COM

Blog Log



"I get market-driven nature of €100K Bendtner fine, but UEFA has to know it sends wrong message when it's so much higher than racism fines."

— **@GRANTWAHL** thought the soccer association made a mistake in fining Danish forward Nicklas Bendtner £80,000 and banning him for one international game after he promoted a betting company on his underwear during a game in the Euro 2012 tournament Sunday. In the past, UEFA has fined teams and countries far less for racist fan behavior.

"The best part — the burritos are only 420 calories each. GET IT?!?!?! Taco Bell ... you've been warned."

— **TMZ.COM** thinks the marketing strategy for TV personality Rob Dyrdek's new frozen burrito company, called Loud Mouth Burritos, is a bit obvious in its attempt to appeal to stoners.

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NIAAA
National Institute on Alcohol Abuse and Alcoholism

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Volunteers must be between 18-50 years of age, medically healthy, and not be taking medication. There is no cost for study-related tests.

Compensation will be provided.

For more information, please call:

1-800-411-1222 (TTY: 1-866-411-1010)

Se habla español

Or go online, clinicaltrials.gov

Search for study #: 01-M-0185 or 02-M-0321

Department of Health and Human Services

National Institutes of Health

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Get **fit**

Tuesdays in Express

A weekly section about how to look and feel and be your best.

express
A publication of The Washington Post

XX1742X1

puzzles lookout

Horoscope

GEMINI (May 21-June 20) Make sure that you have room to maneuver in all directions. Certain negotiations will take longer than expected.

CANCER (June 21-July 22) A change in the schedule will have you doing things in a different order from what you had planned, but you can reap some benefits.

LEO (July 23-Aug. 22) You will have an opportunity to play catch-up today—but be aware that you will only be able to get so far before nightfall.

VIRGO (Aug. 23-Sept. 22) Start at the beginning today—it's the best place to start, and will give you the proper perspective as you anticipate obstacles.

LIBRA (Sept. 23-Oct. 22) Accuracy is the key today; you don't want to do anything in a random or uninformed fashion. Keep right when you face an oncoming threat.

SCORPIO (Oct. 23-Nov. 21) It's important for you to be specific and explicit today, especially when you are giving instructions to those who are new on the scene.

SAGITTARIUS (Nov. 22-Dec. 21) Any rehearsal you have will want to be conducted in real time; don't fake it for any reason!

CAPRICORN (Dec. 22-Jan. 19) You'll want to make the proper apologies, but don't belabor what everyone already knows and understands. Get to work quickly.

AQUARIUS (Jan. 20-Feb. 18) Your unusual take on issues will win attention and a certain amount of respect, even from your most vocal critics.

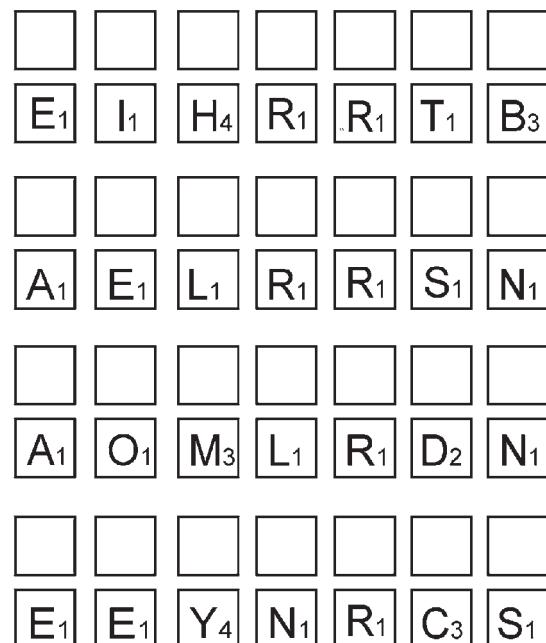
PISCES (Feb. 19-March 20) Take things one at a time and you'll not only make steady progress, but you'll be better prepared for what comes tomorrow as well.

ARIES (March 21-April 19) Now is the time for you to insist that others keep pace with you—or you can expect a project nearing completion to fall apart.

TAURUS (April 20-May 20) Someone may suggest that you are only being an alarmist, but you are looking at things in an appropriately realistic manner.

Scrabble Grams

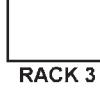
PAR SCORE 145-155, BEST SCORE 208



Double Word Score



3rd Letter Triple



Yesterday's Solution

E1	N1	Z1	Y4	M3	E1		RACK 1 = 20
N1	O1	N1	P3	E1	A1	K5	RACK 2 = 89
B3	L1	I1	S1	S1	E1	D2	RACK 3 = 63
P3	O1	T1	E1	N1	C3	E1	RACK 4 = 61
PAR SCORE 155-165							TOTAL 233

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Sudoku

MEDIUM

3	4	9		6
1	6	3	2	9
4	7	5		2
	4	6	5	3
7	9	2		
9	8	7	4	
9	8	7		4
4	3	5	2	6
6	9	1	2	

Yesterday's Solution

4	5	8	9	7	2	1	6	3
2	6	1	4	5	3	7	8	9
7	3	9	1	6	8	5	4	2
8	4	3	2	9	1	6	5	7
9	2	5	6	4	7	8	3	1
1	7	6	8	3	5	9	2	4
5	1	2	3	8	9	4	7	6
3	8	4	7	1	6	2	9	5
6	9	7	5	2	4	3	1	8

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Forecast



Today: Warmer and more humid today with some sun. Mainly clear tonight.



Tomorrow: Mostly sunny tomorrow. Mainly clear tomorrow night.

Looking Ahead



97 | 75 | 93 | 72 | 93 | 71

Sun and Moon

Sunrise today: 5:43 a.m.
Sunset today: 8:36 p.m.
Moonrise today: 5:46 a.m.
Moonset today: 8:41 p.m.

Almanac

Normal high: 85
Record high: 98
Normal low: 67
Record low: 51



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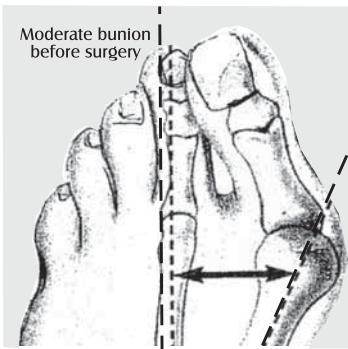
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X074_a 2x5

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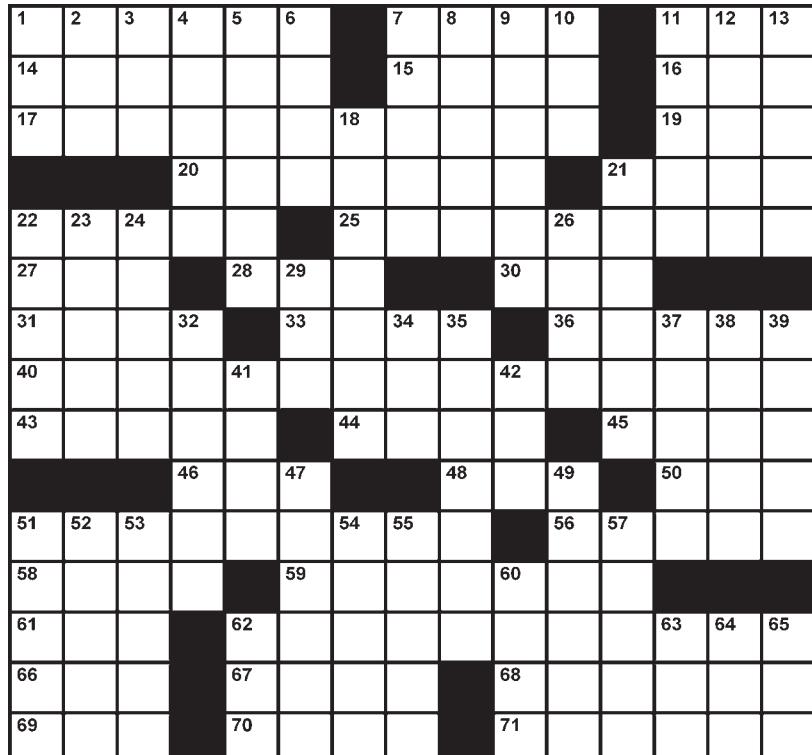
Every Thursday in Express.

X173c2x5

lookout puzzles

Crossword

READY, WILLING AND NOT ABEL

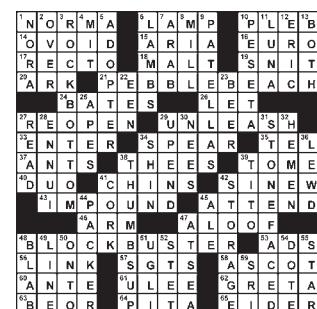


EDITED BY TIMOTHY E. PARKER

7 Film introduction?
 8 "Robin ___" (old ballad)
 9 Most devious
 10 Female lobster
 11 Not going to take it anymore
 12 Slack off
 13 Dogpatch denizen
 18 Trinkets
 21 In a straight line of descent
 22 Make restitution
 23 "God Rest Ye Merry Gentlemen," e.g.
 24 Trade allowances
 26 Hippocratic Oath word
 29 "And now, without further ___ ..."
 32 Steers clear of, as an issue
 34 Mysterious saucer
 35 Touchy subject?
 37 Drawn-out substance
 38 Undefined
 39 Arabian aristocrat (Var.)
 41 Advertising sign gas
 42 Table scrap
 47 Chain of connected ideas
 49 Look for something
 51 Blender setting
 52 Wickerwork willow
 53 Mushroom-to-be
 54 Lumberman at work, say
 55 Vast chasm
 57 Japanese fish dish
 60 One of the four directions

62 "This second!"
 63 Untold millennia
 64 Remote abbreviation
 65 "Tarzan" star Ron

Yesterday's Solution



Today in History

1862 Congress passes, and President Abraham Lincoln signs, a measure abolishing slavery in U.S. territories.

1910 The first Father's Day is celebrated in Spokane, Wash.

1999 Author Stephen King is seriously injured when he is struck by a van driven by Bryan Smith in North Lovell, Maine.

express



Published by Express Publications LLC
 1150 15th St. NW, Washington, DC 20071
 A Subsidiary of The Washington Post Co.

Editorial: 202-334-6800
 Fax: 202-334-9777
 Circulation: 202-334-6992
 Advertising: 202-334-6732
 or ads@readexpress.com
 Classifieds: 202-334-6200

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people lookout



GUEST STARS

'Glee' Can't Wait for A Crossover Episode!

Glenn Beck is working on a conservative TV show to counter the effects of "Glee," he said Friday. "It's horrifying some of the things ['Glee' is] teaching high schoolers," Beck said. "But it's brilliantly done." He explained, "We are working with a rapper — I can't say who yet — but my audience and his audience will say, 'What?'" Beck told Buzzfeed on Tuesday. (EXPRESS)

BABIES

Son Heralded by Sending Toxic, Non-Biodegradable Items Into Atmosphere

Giuliana and Bill Rancic are having a boy, they revealed at their Sunday baby shower. Guests arrived to find masses of pink and blue balloons. The couple then released all the blue balloons into the sky, E! reported. The party also featured a make-your-own-perfume bar. (EXPRESS)



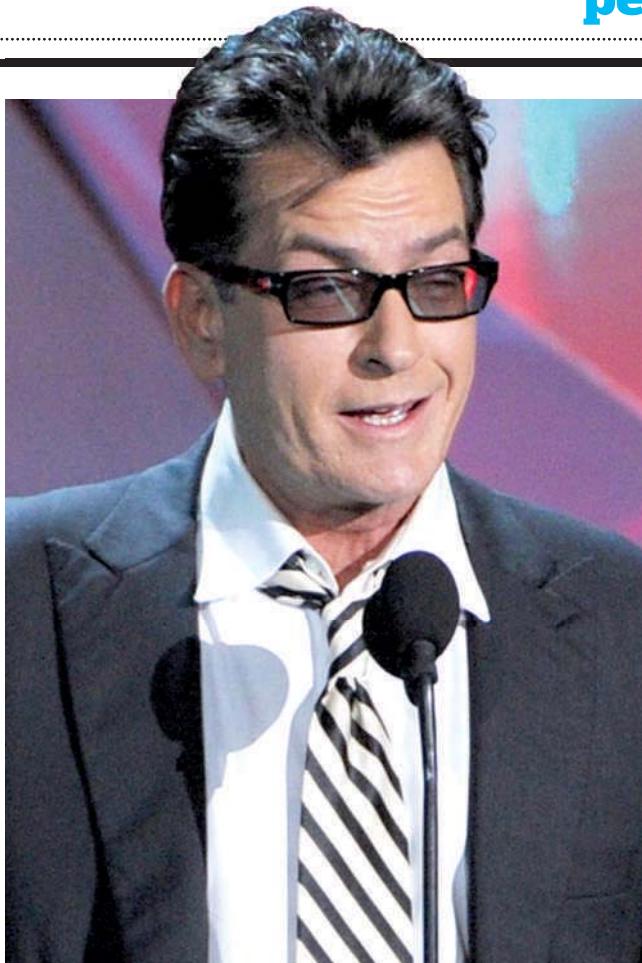
"We were going to release doves, but they didn't come in pink and blue."

Dirtbaguette Digest



Subtitled: 'Or, Why I'm Not to Blame'

Rieelle Hunter's memoir, "What Really Happened: John Edwards, Our Daughter and Me" is out June 26 and several news outlets have seen it. Among the bombshells: Hunter says Edwards had several past mistresses, and John and Elizabeth Edwards' marriage had been in trouble for years. (EXPRESS)



KEVIN WINTER/GETTY IMAGES

EMOTION

This Is Almost ... Moving?

Charlie Sheen told the New York Times that he's going to retire when his new show, "Anger Management," is over, and spend more time with his children. "When I'm done with this business it's just going to be about soccer games and amusement parks. And when this ends, I'm done. This is my swan song," he said. "There's a lot more out there to do than make-believe, you know?" he added. (EXPRESS)

AILING

Ozzy Scion Jack Suffering From Multiple Sclerosis

New father Jack Osbourne is facing a diagnosis of multiple sclerosis. The former reality star and son of Ozzy and Sharon Osbourne told People magazine that he was angry and frustrated when he found out, and he's concerned about his family. Osbourne and his fiancée, Lisa Stelly, had daughter Pearl in April. (AP)

"I humiliated my family and that's something I'm going to live with and explain to my children."



— KIM KARDASHIAN TOLD OPRAH WINFREY IN AN INTERVIEW THAT AIRED SUNDAY THAT SHE IS SORRY SHE MADE A SEX TAPE AND EVEN SORRIER IT LEAKED TO THE PUBLIC.

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